

# KILBREDA COLLEGE PARENT SEMINAR SERIES



## **Alcohol and Parties: Why you must have the 'alcohol and parties' discussion with your child before it is too late!**

This presentation focuses on alcohol and provides the latest data on Australian teen drinking behaviour and the growing evidence on the risks associated with this practice. There will also be a close examination of the positive influence that parents can have on their child's drinking behaviour, as well as the barriers that they may face during adolescence. It aims to empower parents with a positive message and assist them in having open and honest family discussions in this complex area.



## **Emotional Intelligence and Friendships**

Friendships are complex interpersonal networks that are developed during early childhood and refined during the middle childhood and adolescent years. The process by which friendship skills are tried and tested includes emotional highs and lows which can be tough for a parent to observe. There is strong evidence to show the value of developing emotional competencies for growing healthy and secure friendships. The presenter will provide practical strategies for parents to support their daughters to develop skills to effectively identify, understand, regulate and use emotions to develop and maintain healthy and genuine friendships with peers.



## **From Anxiety to Resilience**

Anxiety amongst children and young people is on the rise. Research informs us that anxiety left unmanaged in childhood will almost reoccur in adulthood. Fortunately, there is so much we can do to help kids turn their anxiousness into real, lifelong resilience. In this presentation, the following will be explored:

- The origins of anxiety and why we are in the grip of an epidemic.
- A new research based approach to anxiety.
- The tools to develop in children that promote self-regulation.
- The importance of resilience promotion in children and the critical traits and parenting teaching styles that contribute to resilience.
- Lifestyle factors that minimise anxiety.
- How parents can respond constructively to their child's anxious moments.



## **Growing Up Online!**

This 'no-nonsense' presentation will cover the positive benefits of technology, as well as what parents need to be aware of, including online grooming, cyberbullying, sharing nudes and sexting.

## **It's Time we Talked**

This presentation will focus on how pervasive pornography has become, the nature of the material young people see and how it is affecting young people's sexual understandings and experiences. In this presentation, parents will be presented with strategies they can use to support their child to navigate this new reality and to develop relationships and sexuality that are healthy, safe and respectful.



### **Mindfulness**

Mindfulness is being fully engaged and present in each moment of our lives. This presentation includes a series of attention training exercises, applications and cognitive strategies that help us to achieve this. A rapidly growing body of research shows that practising and applying mindfulness leads to improved wellbeing, better work performance and improved relationships. This presentation will explore what mindfulness is, why it

matters and how it might help your daughters.



### **Perfectionism! - Do you have a perfectionist at home?**

Perfection can appear to have a positive impact on one's life, helping to set goals and motivating them to achieve them. However, perfectionism can become unhelpful and unproductive. Perfectionists tend to be highly self-critical when they do not meet their standards, or will minimise their accomplishments and negatively compare themselves to others when they do achieve their goals. The behaviours that result can get in the way and actually hinder your daughter's performance, happiness and preparedness to try new opportunities. In

this presentation, the guest speaker will provide some practical and positive ways parents can approach these issues.



### **Positive Parenting**

Research has found that parenting styles can influence a child's emotional intelligence. Emotional intelligence is the ability to understand and control your emotions, as well as being able to communicate to others about how you feel. Children with good emotional intelligence often have better emotional, social and physical functioning as well as fewer behavioural difficulties. The guest speaker will discuss some practical strategies based on neuroscience of parenting, attachment and emotion coaching to assist parents to tune

into their children and assist them to learn to understand and regulate their emotions. Building strong connections with the family while developing autonomy and independence in your children.

### **'Risk taking': Why do teens do the things they do? What can parents can do to keep them as safe as possible?**

Adolescence is a risky time. As a teen matures and becomes more independent, they experience dramatic hormonal changes, increasing social and peer pressure and have greater access to alcohol and other drugs. This presentation will briefly examine the history of 'teenagers', rebellion and the different 'temptations' that have existed over time. Using the latest research on the developing brain, it will also discuss why adolescence is a period of 'risk-taking' and the reasons why young people make the decisions they do during this time. Sleepovers, parties and gatherings provide teens with valuable opportunities to develop important socializing skills but are not 'risk-free'. The presentation will also provide some practical strategies and tips for parents considering allowing their teen to attend such an event to help ensure they are as safe as possible.

### **Reinforcing Study Skills at Home**

In this presentation, parents will be introduced to study skill techniques that their daughters have been developing as part of the Pastoral program. Strategies for how these study skills can be reinforced at home will be presented along with time provided for questions and answers.



### **Safe Online and Social Media Practices**

This presentation will provide parents with insights and important information about popular social networking and online gaming platforms for young people today. Building a positive and healthy family environment where digital use is encouraged but managed effectively can be a tough balance. This presentation will discuss ways parents can ensure their children stay safe through making use of an application's privacy settings and helping them to build positive digital habits through your family's digital user agreement.